

Menu Week#1					
FOOD CHOICE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SNACK AM					
Vegetables & Fruits	Apples	Berries, banana & Kale	Raspberries	Peaches Fresh or canned	Apple sauce or apples
Whole Grains	Cereal	Arrowroot Crackers	Homemade oat Granola	Oatmeal apple Muffins	Raisin Bread
Protein	Milk	Yogurt & Milk	Yogurt		
LUNCH					
Entrée Name	Sandwiches	Chicken, broccoli, Alfredo	Beef meatballs peppers & rice	Veggie pasta bake Ceasar salad	Tuscan chicken & cooked veggies
Vegetables & Fruits	Assorted fruit Cucumbers	Assorted fruit Broccoli	Assorted fruit Red & green peppers	Assorted fruit, tomato Zucchini & romaine	Assorted fruit, carrot Peas, potatoes, corn
Whole Grains	Whole wheat wraps & buns	Pasta Breadsticks	Rice	Pasta	Multigrain thin rounds
Iron-rich Protein	Tuna with cheese Nut free soy spread	Chicken	Beef	Black & navy beans Cheese	Chicken
Milk	Milk	Milk	Milk	Milk	Milk
SNACK PM					
Vegetables & Fruits	Red & green peppers cucumbers	Melon & Grapes	Bananas	Zucchini & carrot sticks	Peaches & Bananas
Whole Grains	Whole wheat naan or pita	Cereal mix	Whole wheat Wraps	Whole Wheat Crackers	Arrowroot Crackers
Protein	Hummus		Nut free soy Spread	Greek yogurt ranch or spinach dip	Frozen berry Yogurt bites
Water is always available to drink					
Assorted fresh fruit such as apples, pears, bananas or oranges(selection may vary daily)					

Menu Week#2					
FOOD CHOICE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SNACK AM					
Vegetables & Fruits	Apples	Apple sauce	Raspberries	Berry,banana Kale smoothie	Bananas
Whole Grains	Cereal	Homemade Oat granola	Whole wheat Wraps	Raisin bread	Apple oatmeal Soy spread balls
Protein	Milk		Milk Cream cheese	Yogurt Milk	Nut free soy spread Milk
LUNCH					
Entrée Name	Beef bean taco salad	Sandwiches	Honey garlic broccoli Stirfry & rice	Marinara meatball Sliders & veggies	Cheese sandwiches Tuna pasta salad
Vegetables & Fruits	Assorted fruit, salsa Lettuce,cucumber	Assorted fruit Cucumbers	Assorted fruit Broccoli	Assorted fruit Green beans & corn	Assorted fruit Peas, celery,onion
Whole Grains	Whole wheat Crackers	Whole wheat Bread	Rice	Whole wheat Buns	Whole wheat bun Pasta
Iron-rich Protein	Ground beef Black beans,cheese	Egg, Cheese	Chicken	Beef & Cheese	Cheese Tuna
Milk	Milk	Milk	Milk	Milk	Milk
SNACK PM					
Vegetables & Fruits	Pears Apples	Asst. peppers Broccoli	Nectarines & Apples	Carrots & Cucumber	Peaches & Nectarines
Whole Grains		Multigrain Thin rounds	Zucchini or carrot Muffins	Whole wheat Crackers	Arrowroot Crackers
Protein	Cheese	Hummus		Nut free Soy spread	
Water is always available to drink					
Assorted fresh fruit such as apples, pears, bananas or oranges (selection may vary daily)					

MENU WEEK #3					
FOOD CHOICE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SNACK AM					
Vegetables & Fruits	Apples	Apple sauce	Blueberries & raspberries	Bananas & Strawberries	Oranges
Whole Grains	Cereal	Homemade Oat granola		Arrowroot Crackers	Whole wheat Crackers
Protein	Milk		Yogurt	Milk	Hard boiled eggs
LUNCH					
Entrée Name	Chicken Broccoli Divan, rice	Chicken bean Veggie soup	Beef veggie cheese Spaghetti	Greek bean pasta Salad,sandwiches	Cheese pizza Chicken caesar salad
Vegetables & Fruits	Assorted fruit Broccoli	Assorted fruit,celery Potatoes & carrots	Assorted fruit Spinach, tomatoes	Assorted fruit Tomato cuc peppers	Assorted fruit Romaine
Whole Grains	Rice	Whole wheat bun Pasta	Pasta	Whole wheat Bread, pasta	Multigrain thin Rounds or naan
Iron-rich Protein	Chicken Cheese	Chicken Navy beans	Beef,cheese Cottage cheese	Feta, white beans Tuna & cheese	Chicken Cheese
Milk	Milk	Milk	Milk	Milk	Milk
SNACK PM					
Vegetables & Fruits	Oranges	Cucumbers & Asst. peppers	Apples	Cucumbers & Snap peas, carrots	Melon
Whole Grains	Raisin bread	Whole wheat Crackers	Whole wheat Wraps	Multigrain Thin rounds	Oatmeal apple Soy spread balls
Protein		Cheese	Nut free Soy spread	Hummus	Nut free Soy spread
Water is always available to drink					
Assorted fresh fruit such as apples, pears, bananas or oranges (selection may vary daily)					

Menu Week#4					
FOOD CHOICE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SNACK AM					
Vegetables & Fruits	Apples	Strawberries	Blueberries	Apple sauce or apples	Melon & Pineapple
Whole Grains	Cereal	Whole wheat Bagels	Vector cereal	Cereal mix	Raisin bread
Protein	Milk	Milk Cream cheese	Yogurt		
LUNCH					
Entrée Name	Tomato bean pasta soup	Sloppy joes Garden salad	Chicken fried rice	Sandwiches Veggies & dip	Tuna melts Peas & carrots
Vegetables & Fruits	Assorted fruit Tomato	Assorted fruit Asst. lettuce, peppers Tomato, cucumber	Assorted fruit Carrots, peas Celery, onion	Assorted fruit Broccoli Cucumber, carrots	Assorted fruit Peas & carrots
Whole Grains	Whole wheat Crackers, pasta	Whole wheat Bun	Rice Bread sticks	Whole wheat Bread	Multigrain Thin rounds
Iron-rich Protein	Navy beans	Beef & lentils	Chicken	Egg, cheese (ranch dip)	Tuna, cheese
Milk	Milk	Milk	Milk	Milk	Milk
SNACK PM					
Vegetables & Fruits	Zucchini, Asst. peppers	Nectarines Pears & apples	Apples	Asst. peppers	Bananas
Whole Grains	Multigrain thin Rounds		Banana Oatmeal muffins	Whole wheat Crackers	Arrowroot crackers
Protein	Hummus	Cheese		Cheese	Frozen berry yogurt bites
Water is always available to drink					
Assorted fresh fruit such as apples, pears, bananas or oranges(selection may vary daily)					